

INERTIAL RESISTANCE EXERCISE APPARATUS AND METHOD

Abstract of the Invention

An exercise apparatus and method utilizes a flywheel mounted on a rotatable axle. The user exercises by accelerating and decelerating the rotation of the flywheel. For example, a line which wraps around the axle provides a mechanism for accelerating and decelerating the flywheel when a user applies a pulling force to the line. The inertia of the flywheel resists the user applied pulling force and provides the exercise mechanism. Preferably, spool mounted on the axle and variable pivot locations provide a mechanism for easily varying the exercise resistance.

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